

What is claimed is: Independents 1, 28, 52, 65, 84, 91, 116

1. A system for generating one of a plurality of wellness programs for a user, the system comprising the steps of:

entering a plurality of personal data items into a computing system corresponding to a personal profile of the user;

identifying a selected one of the plurality of wellness programs desired by the user;

extracting selected ones of the plurality of personal data items in response to the selected one of the plurality of wellness programs;

selecting a plurality of wellness program data elements in response to the selected ones of the plurality of personal data items;

assembling the selected plurality of wellness program data elements to form a customized wellness program responsive to said step of identifying a selected one of the plurality of wellness programs and the selected ones of the plurality of personal data items; and

recording the customized wellness program on media.

2. The system of claim 1, wherein there is provided the further step of selecting one of a plurality of narrator voices to be used in the customized wellness program.

3. The system of claim 1, wherein prior to performing said step of entering a plurality of personal data items into a computing system there is provided the step of filling out a personal profile of the user.

4. The system of claim 1, wherein said step of recording the customized wellness program on media comprises the step of printing the wellness program.

5. The system of claim 1, wherein said step of recording the customized wellness program on media comprises the step of recording the wellness program on a compact disk.

6. The system of claim 1, wherein said step of recording the customized wellness program on media comprises the step of recording the wellness program on a digital video disk.

7. The system of claim 1, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting a picture file for inclusion in the customized wellness program.

8. The system of claim 1, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting an audio file for inclusion in the customized wellness program.

9. The system of claim 8, wherein the audio file comprises a file of a spoken presentation.

10. The system of claim 8, wherein the audio file comprises a file of background music.

11. The system of claim 8, wherein the audio file comprises a file of special audio effects.

12. The system of claim 1, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting a video file for inclusion in the customized wellness program.

13. The system of claim 12, wherein the video file comprises a file of a spoken presentation.

14. The system of claim 12, wherein the video file comprises a file of visual background effects.

15. The system of claim 12, wherein the video file comprises a file of an illustrative presentation of an aspect of the customized wellness program.

16. The system of claim 1, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting a text file for inclusion in the customized wellness program.

17. The system of claim 1, wherein the customized wellness program is a multimedia presentation.

18. The system of claim 1, wherein said step of entering a plurality of personal data items comprises the step of entering medical data about the user.

19. The system of claim 18, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting workout video data elements responsive to the medical data.

20. The system of claim 1, wherein said step of entering a plurality of personal data items comprises the step of entering lifestyle data about the user.

21. The system of claim 20, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting workout video data elements responsive to the lifestyle data about the user.

22. The system of claim 1, wherein said step of entering a plurality of personal data items comprises the step of entering birth date data about the user.

23. The system of claim 1, wherein said step of entering a plurality of personal data items comprises the step of entering number child data about the user.

24. The system of claim 1, wherein the customized wellness program is a customized relaxation program, and there are further provided the steps of:

user listening to a plurality of available music soundtracks;

user selecting one of the plurality of available music soundtracks in response to the user's perceived relaxation response;

user listening to a plurality of available background sound effects schemes; and

user selecting one of the plurality of available background sound effects schemes in response to the user's perceived enjoyment response.

25. The system of claim 24, wherein there are further provided the steps of:

user listening to a plurality of available narrator voices; and

user selecting one of the plurality of available narrator voices.

26. The system of claim 24, wherein there are further provided the steps of:

user reviewing a menu of positive affirmations; and

user selecting a positive affirmation for inclusion in the customized wellness program.

27. The system of claim 26, wherein said step of user reviewing comprises the step of reviewing a menu of topics of positive affirmations, the topics corresponding to self esteem, self confidence, stress management, self control, etc.

28. A system for generating a program for a client, the system comprising the steps of:

filling out a questionnaire containing inquiries regarding a plurality of physical and lifestyle aspects of the client;

obtaining a plurality of physical measurements of the client;

obtaining a plurality of biochemical characteristics of the client;

entering into a computing system a first data element responsive to responses in the questionnaire;

entering into the computing system a second data element responsive to the client's physical measurements;

entering into the computing system a third data element responsive to the client's biochemical measurements;

entering into the computing system a fourth data element responsive to the client's psychological measurements;

calculating a wellness quotient of the client responsive to the first, second, third, and fourth data elements, the wellness quotient being representative of an overall wellness condition of the client;

selecting an item of output information from a plurality of items of information in response to the wellness quotient; and

recording output data on media responsive to the selected output information.

29. The system of claim 28, wherein said step of filling out a questionnaire comprises the steps of:

responding to inquiries relating to the client's physical characteristics, to produce a physical questionnaire data element;

responding to inquiries relating to the client's biochemical characteristics, to produce a biochemical questionnaire data element; and

responding to inquiries relating to the client's psychological characteristics, to produce a psychological questionnaire data element.

30. The system of claim 29, wherein there are further provided the steps of:  
physical questionnaire scoring for producing a physical questionnaire score value responsive to the physical questionnaire data element;

biochemical questionnaire scoring for producing a biochemical questionnaire score value responsive to the biochemical questionnaire data element; and

psychological questionnaire scoring for producing a psychological questionnaire score value responsive to the psychological questionnaire data element.

31. The system of claim 30, wherein there are further provided the steps of:  
physical measurement scoring for producing a physical measurement score value responsive to the second data element;

biochemical measurement scoring for producing a biochemical measurement score value responsive to the third data element; and

psychological measurement scoring for producing a psychological measurement score value responsive to the fourth data element.

32. The system of claim 31, wherein there is provided the further step of subjecting the physical questionnaire score value, the biochemical questionnaire score value, the psychological questionnaire score value, the physical measurement score value, the biochemical measurement score value, and the psychological measurement score value to adjustment in response to a predetermined multiplier value

33. The system of claim 31, wherein there are further provided the steps of:  
producing a physical score responsive to a predetermined physical score combination of the physical questionnaire score value and the physical measurement score value;

producing a biochemical score responsive to a predetermined biochemical score combination of the biochemical questionnaire score value and the biochemical measurement score value; and

producing a psychological score responsive to a predetermined psychological score combination of the psychological questionnaire score value and the psychological measurement score value.

34. The system of claim 33, wherein in said step of producing a physical score, the predetermined physical score combination (“P<sub>hs</sub>”) of the physical questionnaire score value (“P<sub>hqsv</sub>”) and the physical measurement score value (“P<sub>hmsv</sub>”) corresponds to the relationship:

$$P_{hs} = 0.25 P_{hqsv} + 0.75 P_{hmsv} .$$

35. The system of claim 33, wherein in said step of producing a biochemical score, the predetermined biochemical score combination (“B<sub>s</sub>”) of the biochemical questionnaire score value (“B<sub>qsv</sub>”) and the biochemical measurement score value (“B<sub>msv</sub>”) corresponds to the relationship:

$$B_s = 0.25 B_{qsv} + 0.75 B_{msv} .$$

36. The system of claim 33, wherein in said step of producing a psychological score, the predetermined psychological score combination (“P<sub>ss</sub>”) of the psychological questionnaire score value (“P<sub>sqsv</sub>”) and the psychological measurement score value (“P<sub>smsv</sub>”) corresponds to the relationship:

$$P_{ss} = 0.50 P_{sqsv} + 0.50 P_{smsv} .$$

37. The system of claim 36, wherein said step of calculating a wellness quotient comprises the further step of combining the physical score (“P<sub>hs</sub>”), the biochemical score (“B<sub>s</sub>”), and the psychological score (“P<sub>ss</sub>”) in accordance with a predetermined wellness quotient (“W<sub>q</sub>”) combination.

38. The system of claim 37, wherein prior to performing said step of combining the physical score (“P<sub>hs</sub>”), the biochemical score (“B<sub>s</sub>”), and the psychological score (“P<sub>ss</sub>”) in accordance with a predetermined wellness quotient (“W<sub>q</sub>”) combination, there is provided the further step of transforming the physical score (“P<sub>hs</sub>”), the biochemical score (“B<sub>s</sub>”), and the psychological score (“P<sub>ss</sub>”) to produce respective ones of a transformed physical score (“P<sub>ht</sub>”), a transformed biochemical score (“B<sub>t</sub>”), and a transformed psychological score (“P<sub>st</sub>”).



39. The system of claim 38, wherein said step of transforming the physical score (“P<sub>ht</sub>”), the biochemical score (“B<sub>s</sub>”), and the psychological score (“P<sub>ss</sub>”) is performed in accordance with the relationships:

$$P_{ht} = 450/P_{hs} ;$$

$$B_t = 450/B_s ; \text{ and}$$

$$P_{st} = 450/P_{ss} .$$

40. The system of claim 39, wherein said step of combining the physical score (“P<sub>ht</sub>”), the biochemical score (“P<sub>ht</sub>”), and the psychological score (“P<sub>ss</sub>”) to produce the wellness quotient (“W<sub>q</sub>”) is performed in accordance with the relationship:

$$W_q = (P_{ht})0.4(B_t)0.4(P_{st})0.2 .$$

41. The system of claim 28, wherein in said step of selecting an item of output information there is provided the step of selecting at least one audio segment from a plurality of audio segments in response to the wellness quotient.

42. The system of claim 28, wherein in said step of selecting an item of output information there is provided the step of selecting at least one text paragraph from a plurality of text paragraphs in response to the wellness quotient.

43. The system of claim 28, wherein in said step of entering into a computing system a first data element there is provided the step of entering into the computing system lifestyle data about the client.

44. The system of claim 28, wherein in said step of entering into a computing system a second data element there is provided the step of entering into the computing system heart beat rate and blood pressure data about the client.

45. The system of claim 28, wherein in said step of entering into a computing system a third data element there is provided the step of entering into the computing system a third data element there is provided the step of entering height and weight data about the client.

46. The system of claim 28, wherein in said step of calculating a wellness quotient of the client responsive to the first, second, and third data elements comprises the step of assigning a weighting factor to each of the first, second, and third data elements.

47. The system of claim 46, wherein the weighting factors assigned to each of the first, second, and third data elements are unequal.

48. The system of claim 28, wherein there is provided the step of selecting an item of physical exercise in response to the calculated wellness quotient.

49. The system of claim 28, wherein there are provided the further steps of:  
waiting a predetermined period of time;  
second filling out a questionnaire containing inquiries regarding a plurality of physical and lifestyle aspects of the client;  
obtaining a plurality of new physical measurements of the client;  
obtaining a plurality of new biochemical characteristics of the client;  
entering into a computing system a new first data element responsive to responses to the questionnaire;  
entering into the computing system a new second data element responsive to the client's physical measurements;

entering into the computing system a new third data element responsive to the client's biochemical characteristics;

calculating a new wellness quotient of the client responsive to the new first, new second, and new third data elements;

selecting an item of output information from a plurality of items of information in response to the new wellness quotient; and

recording new output data on media responsive to the selected output information.

50. The system of claim 49 wherein the predetermined period of time is approximately five weeks.

51. The system of claim 49 wherein there are provided the further steps of: comparing the wellness quotient and the new wellness quotient; and

selecting an item of output information from a plurality of items of information in response to said step of comparing the wellness quotient and the new wellness quotient.

52. A system for determining and improving the wellness of a human client, the system comprising the steps of:

entering a plurality of personal data items into a computing system corresponding to a personal profile of the user;

identifying a wellness goal of the human client in response to the personal data items entered in the computing system;

identifying physical personal data items of the personal data items entered in the computing system that are responsive to the physical condition of the human client;

identifying biochemical personal data items of the personal data items entered in the computing system that are responsive to the biochemical condition of the human client;

identifying psychological personal data items of the personal data items entered in the computing system that are responsive to the psychological condition of the human client;

computing a physical wellness value in the computing system, the physical wellness value being responsive to the identified physical personal data items;

computing a biochemical wellness value in the computing system, the biochemical wellness value being responsive to the identified biochemical personal data items;

computing a psychological wellness value in the computing system, the psychological wellness value being responsive to the identified psychological personal data items;

computing a wellness quotient in the computing system responsive to the physical wellness value, the biochemical wellness value; and the psychological wellness value;

selecting a plurality of wellness program data elements in response to the selected ones of the plurality of personal data items;

assembling the selected plurality of wellness program data elements to form a customized wellness program responsive to said step of identifying a wellness goal of the human client and the wellness quotient; and

recording the customized wellness program on media for the human client.

53. The system of claim 52, wherein personal data items in said step of entering a plurality of personal data items are derived from responses to a questionnaire containing queries concerning the human client.

54. The system of claim 52, wherein personal data items in said step of entering a plurality of personal data items are derived from physical measurements of the body of the human client.

55. The system of claim 52, wherein personal data items in said step of entering a plurality of personal data items are derived from biochemical measurements of the body of the human client.

56. The system of claim 55, wherein the biochemical measurements corresponds to a measurement of the heart rate of the human client.

57. The system of claim 55, wherein the biochemical measurements corresponds to a measurement of the blood pressure of the human client.

58. The system of claim 55, wherein the biochemical measurements corresponds to a measurement of time required for a recovery of a biochemical parameter following a predetermined stimulation.

59. The system of claim 58, wherein the predetermined stimulation is a stressful stimulation.

60. The system of claim 52, wherein personal data items in said step of entering a plurality of personal data items are derived from measured responses of the human client to stress.

61. The system of claim 52, wherein said step of computing a wellness quotient in the computing system is responsive to the personal profile of the user and the biochemical wellness value.

62. The system of claim 52, wherein the computing system comprises a remote computing server and a local computing substation.

63. The system of claim 62, wherein said step of entering a plurality of personal data items into a computing system is performed at the local computing substation.

64. The system of claim 62, wherein said step of computing a wellness quotient is performed at the remote computing server.

65. A system for determining and improving the wellness of a human client, the system comprising the steps of:

entering a plurality of personal data items into a computing system corresponding to a personal profile of the user;

identifying a wellness goal of the human client in response to the personal data items entered in the computing system;

identifying biochemical personal data items of the personal data items entered in the computing system that are responsive to the biochemical condition of the human client;

computing a wellness quotient in the computing system responsive to the personal profile of the user and the biochemical wellness value; and

forming a customized wellness program responsive to said step of identifying a wellness goal of the human client and the computed wellness quotient.

66. The system of claim 65, wherein said step of identifying a wellness goal of the human client is explicitly specified by the human client.

67. The system of claim 65, wherein there is provided the further step of identifying physical personal data items of the personal data items entered in the computing system that are responsive to the physical condition of the human client.

68. The system of claim 67, wherein there is provided the further step of computing a physical wellness value in the computing system, the physical wellness value being responsive to the identified physical personal data items.

69. The system of claim 68, wherein there is provided the further step of providing an item of physical exercise equipment in response to the physical wellness value.

70. The system of claim 65, wherein there is provided the further step of identifying psychological personal data items of the personal data items entered in the computing system that are responsive to the psychological condition of the human client.

71. The system of claim 70, wherein there is provided the further step of computing a psychological wellness value in the computing system, the psychological wellness value being responsive to the identified psychological personal data items.

72. The system of claim 65, wherein there is provided the further step of computing a biochemical wellness value in the computing system, the biochemical wellness value being responsive to the identified biochemical personal data items.

73. The system of claim 65, wherein there is provided the further step of recording the customized wellness program on media for the human client.

74. The system of claim 73, wherein prior to performing said step of recording the customized wellness program on media there is provided the step of selecting a plurality of wellness program data elements in response to the selected ones of the plurality of personal data items.

75. The system of claim 74, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting a picture file for inclusion in the customized wellness program.

76. The system of claim 74, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting an audio file for inclusion in the customized wellness program.

77. The system of claim 76, wherein the audio file comprises a file of a spoken presentation.

78. The system of claim 76, wherein the audio file comprises a file of background music.

79. The system of claim 76, wherein the audio file comprises a file of special audio effects.



80. The system of claim 74, wherein said step of selecting a plurality of wellness program data elements comprises the step of selecting a video file for inclusion in the customized wellness program.

81. The system of claim 65, wherein there are provided the further steps of:  
waiting a predetermined period of time;  
entering a plurality of new personal data items into a computing system corresponding to a personal profile of the user;  
computing a new wellness quotient in the computing system responsive to the new personal data items; and  
forming a customized revised wellness program responsive to the computed new wellness quotient.

82. The system of claim 81 wherein the predetermined period of time is approximately five weeks.

83. The system of claim 81 wherein prior to performing said step of forming a customized revised wellness program there is provided the further step of comparing the wellness quotient and the new wellness quotient

84. A computerized arrangement for determining the wellness of a human client and formulating a wellness improvement program specific to the human client, the computerized arrangement comprising:

a data collection arrangement for collecting personal data responsive to the human client;

a client computer system having a data input for receiving the personal data;

a web network coupled to said client computer system; and

a web-based server coupled to said web network for receiving from said web network client data transmitted by said client computer system to said web network, said web-based server computing a wellness quotient for the human client from the client data transmitted by said client computer system to said web network, and transmitting wellness quotient data to said client computer system via said web network.

85. The computerized arrangement of claim 84, wherein there is further provided a media recorder coupled to said client computer system for recording a wellness program specific to the human client responsive to the wellness quotient data.

86. The computerized arrangement of claim 84, wherein said data collection arrangement comprises an arrangement for collecting biochemical data from the human client.

87. The computerized arrangement of claim 84, wherein said data collection arrangement comprises an arrangement for collecting psychological data from the human client.

88. The computerized arrangement of claim 84, wherein said data collection arrangement comprises an arrangement for collecting physical data from the human client.

89. The computerized arrangement of claim 84, wherein said web-based server is provided with a first memory region for storing elements of a wellness program.

90. The computerized arrangement of claim 89, wherein said web-based server is provided with a second memory region for storing an application for computing the wellness quotient.

91. A media product of the type having a plurality of data storage locations in a storage medium, the media product comprising:

a personal data storage region for storing personal data items responsive to personal information of a client; and

a wellness data storage region for storing data corresponding to a wellness program customized for the client in response to the personal information of the client.

92. The media product of claim 91, wherein the storage medium comprises a CD.

93. The media product of claim 91, wherein the storage medium comprises a tape.

94. The media product of claim 91, wherein the storage medium comprises printed material.

95. The media product of claim 91, wherein the storage medium comprises a DVD.

96. The media product of claim 91, wherein the data corresponding to the wellness program is a customized relaxation program.

97. The media product of claim 96, wherein the customized relaxation program is a personalized guided visualization program.

98. The media product of claim 91, wherein the data corresponding to the wellness program is a multimedia presentation.

99. The media product of claim 91, wherein the data corresponding to the wellness program is responsive to a pre-computed wellness quotient.

100. The media product of claim 99, wherein the data corresponding to the wellness program is responsive to a plurality of pre-computed wellness quotients.

101. The media product of claim 100, wherein the data corresponding to the wellness program is responsive to the differences between the plurality of pre-computed wellness quotients.

102. The media product of claim 101, wherein the plurality of pre-computed wellness quotients are each responsive to corresponding personal data collected at respective points in time.

103. The media product of claim 102, wherein the respective points in time are separated by approximately five weeks.

104. The media product of claim 99, wherein the wellness data storage region contains a text file, the text file being selected in response to the personal information of the client and the pre-computed wellness quotient.

105. The media product of claim 99, wherein the wellness data storage region contains an audio file, the audio file being selected in response to the personal information of the client and the pre-computed wellness quotient.

106. The media product of claim 99, wherein the wellness data storage region contains a video file, the video file being selected in response to the personal information of the client and the pre-computed wellness quotient.

107. The media product of claim 99, wherein the wellness data storage region contains a graphical file, the graphical file being selected in response to the personal information of the client and the pre-computed wellness quotient.

108. The media product of claim 99, wherein the wellness data storage region contains exercise data responsive to a workout program determined in response to the personal information of the client and the pre-computed wellness quotient.

109. The media product of claim 108, wherein the exercise data corresponds to a specification of strength-building exercises.

110. The media product of claim 108, wherein the exercise data corresponds to a specification of flexibility-enhancing exercises.

111. The media product of claim 108, wherein the exercise data corresponds to a specification of cardiovascular fitness enhancing exercises.

112. The media product of claim 99, wherein the wellness data storage region contains nutritional data responsive to a nutrition program determined in response to the personal information of the client and the pre-computed wellness quotient.

113. The media product of claim 112, wherein the nutritional data corresponds to a specification of nutritional supplementation.

114. The media product of claim 112, wherein the nutritional data corresponds to a specification of meals.

115. The media product of claim 99, wherein the wellness data storage region contains wellness journal data responsive to an inspirational program determined in response to the personal information of the client and the pre-computed wellness quotient.

116. A media product formed by a process comprising the steps of:

- entering a plurality of personal data items into a computing system corresponding to a personal profile of a user;
- computing a wellness quotient responsive to the plurality of personal data items;
- identifying a selected one of the plurality of wellness programs desired by the user;
- extracting selected ones of the plurality of personal data items in response to the selected one of the plurality of wellness programs;
- selecting a plurality of wellness program data elements in response to the selected ones of the plurality of personal data items;
- assembling the selected plurality of wellness program data elements to form a customized wellness program responsive to said step of identifying a selected one of the plurality of wellness programs, the computed wellness quotient, and the selected ones of the plurality of personal data items; and
- recording the customized wellness program on a media substrate to form the media product.

117. The media product of claim 116, wherein the media substrate is a CD.

118. The media product of claim 116, wherein said step of computing a wellness quotient is performed at a remote server.

119. The media product of claim 118, wherein said step of recording the customized wellness program on a media substrate is performed at a local computer station.

120. The media product of claim 116, wherein said step of entering a plurality of personal data items is performed at a local computer station.

121. The media product of claim 120, wherein the plurality of personal data items correspond to physical, biochemical, and psychological aspects of the personal profile of the user.